Montana State Legislature

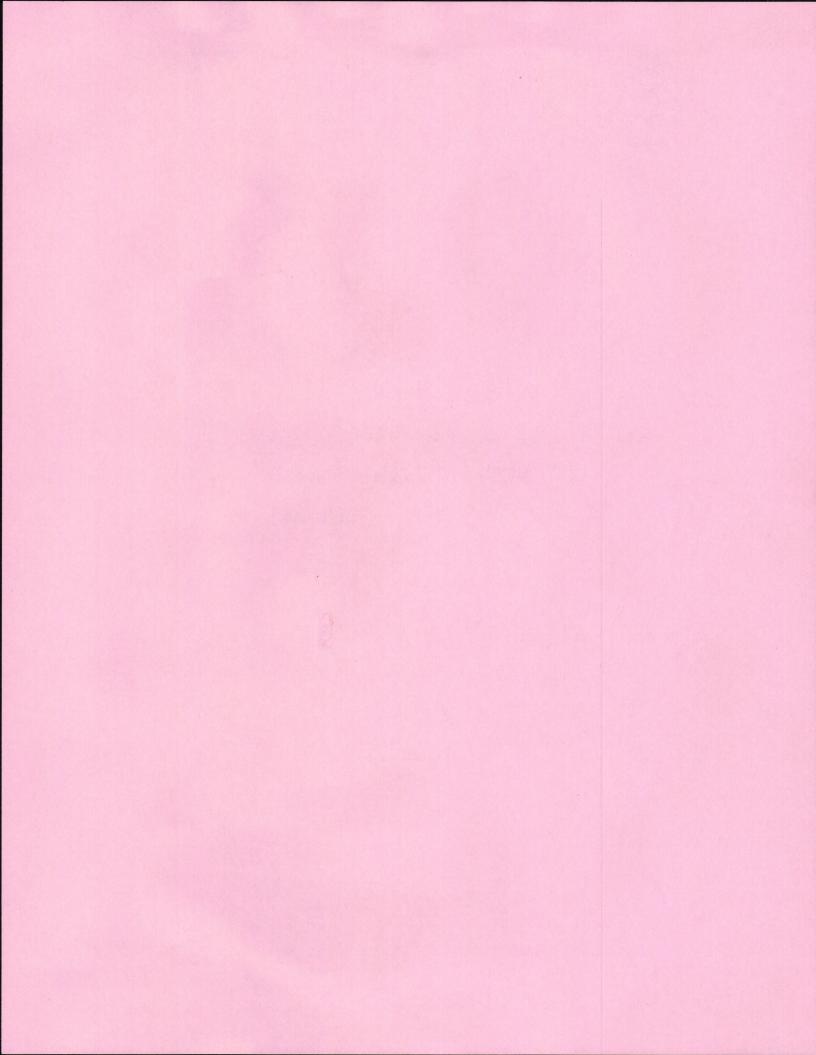
2013 Session

Exhibit: 22

This exhibit is a 3-dimensional item, cannot be scanned in its entirely, a photocopy of this exhibit has been created to aid you in your research.

The original exhibits are on file at the Montana Historical Society and may be viewed there.

Montana Historical Society Archives
225 N. Roberts
Helena MT 59620-1201
2013 Legislative Scanner Susie Hamilton



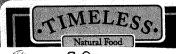


EXHIBIT 22

DATE 2-12-13

HB 420



NET WT 16 0Z [454 GRAMS]

Product of Montana, USA

FARRO SEMI-PEARLED

An ancestor of wheat, this quick-cooking heirloom grain is prized by chefs for its chevy texture and nutty flavor. Excellent for risotto, pilaf, soup and salad.

Nutrition Facts Serving Size 1/4 cup dry (45g) Servings per Container 10

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Calories 170	Calories from Fat 10				
	% Daily Value*				
Total Fat 1g	2%				
Saturated Fat)g 0%				
Trans Fat 0g					
Cholesterol 0mg	0%				
Sodium 10mg	0%				
Total Carbohydr					
Dietary Fiber 3	12%				
Sugars 1g					
Protein 7g	14%				

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		appropriate the		-	-	×

*Percent Daily Values are based on a 2,000 calorie diet.

TO COOK: For each 1 cup of Farro, bring to boil 2 cups of water. Add Farro, reduce heat. Simmer for 15-20 minutes to desired chewiness.

More info and recipes at timelessfood.com





14%

TIMELESS SEEDS, INC. CONRAD, MT 59425 USA CERTIFIED BY THE MONTANA DEPT OF AGRICULTURE

ORGANIC FARRO